

Coping with Stress and Anxiety about the Upcoming Election

Political conflict and change are normal features of life, but times of heightened tension and polarization can cause considerable anxiety. As reported by the Greater Good Science Center, a [recent survey](#) by the American Psychological Association concluded that this election season has been a significant source of stress and anxiety for more than two-thirds of U.S. adults. And a [new report](#) from the nonpartisan organization “More in Common” found that nearly 70% of adults in the U.S. are worried about widespread violence erupting after election results are announced. What can you do in the face of anxiety, conflict and change?

- The Greater Good Science Center produced [Eight Questions That Can Help You Survive Election Stress](#), including “What’s happening in my mind and body today?,” “What can I do to sooth my distress?” and “What future would I like to see – and what steps am I taking today to make that happen?”
- Fast Company’s [Tips for Talking with Coworkers Who Don’t Share Your Politics](#) offers suggestions on how to create productive dialogue to reach a level of civility with people in your community and workplace.
- For some background on how we got here: [Political Polarization in the U.S.](#) from Facing History and Ourselves.

Finally, if you’re feeling overwhelmed by anxiety, sadness, anger, or other emotions that make it hard to cope with your daily routine, please reach out to your EAP for support, guidance and resources at 1-877-313-4455 or [online](#).

Only 35% of us know the symptoms of Alzheimer’s disease

Alzheimer’s disease is the [6th leading cause of death](#) in our country, and currently there is no proven treatment to prevent this devastating illness. About 5.8 million Americans over the age of 65 are currently living with Alzheimer’s, increasing to an estimated [7.1 million by 2025](#). As [reported by Big Think](#): according to a [recent nationwide survey](#) by MDVIP/Ipsos, 80% of us want to reduce our risk of dementia, yet only 35% know the symptoms of dementia. Of those surveyed:

- 74% didn’t realize hearing loss damages the brain;
- 72% didn’t know diabetes is a risk factor for dementia;
- 64% didn’t realize that lack of sleep shrinks brain size;
- 50% didn’t know the impact of emotional well-being on brain health;
- Over 50% didn’t realize that both high cholesterol and poor dental care elevate Alzheimer’s risk.

Here are some actions you can take to better understand and lower your risk of developing Alzheimer’s:

- Talk with your primary care doctor about assessing your risk factors for dementia; including taking routine tests such as a depression screening, hearing test and neurological exam. Then, with your doctor develop a workable plan to address your risks.
- Schedule regular dental exams and follow your dentist’s homecare instructions.
- Learn how to [build everyday habits that support brain health](#).

Reach out to the EAP for guidance and resources to support your emotional well-being, at 1-877-313-4455 or [online](#).